

TOMATO AND AVOCADO SALAD

By Kimberli Washington, Public Information Office



Ingredients:

- 1 avocado, halved and peeled
- ½ cup grape tomatoes, cut in half
- 3 chopped scallions
- Olive oil
- ¼ cup lemon juice
- 1 tablespoon chopped cilantro
- Salt and pepper, to taste
- Croutons (optional)

Directions:

- Cut avocado into chunks and mix together with grape tomatoes and scallions.
- Drizzle olive oil on top. Add lemon juice and cilantro.
- Season with salt and pepper to taste. Add croutons (optional).
- Serve and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.